

**ST. THOMAS SCHOOL, SAHIBABAD**  
**HOLIDAY HOME WORK 2024-25**  
**CLASS VII**

**TOPIC: 'BALANCED DIET AND DISEASES'**

**Dear Students,**

Please follow the guidelines enlisted below for the project work. At the same time use your imagination, read, explore and think 'out of the box' to make your project unique and meaningful.

**GENERAL INSTRUCTIONS:**

- Arrange all subject sheets in a single folder.
- It must have a cover page.
- Label file with your name, class, section, roll number and title of your project.
- Write "**Multi-Disciplinary Project**" above the title.
- Use colours according to the given colour code.

ENGLISH	HINDI/ SANSKRIT	MATHEMATICS	SCIENCE	SOCIAL STUDIES	COMPUTER
LIGHT BLUE	LIGHT YELLOW	LIGHT PURPLE	LIGHT BROWN	LIGHT GREEN	LIGHT PINK

- Pages should be arranged in the given sequence:

S. No.	SUBJECT	PAGE NO.
1.	Index	1
2.	Introduction	2
3.	Acknowledgement	3
4.	Bibliography	Last page of project

- Arrange your sheets subject wise, after acknowledgement.
- Submit your file to the respective class teacher
- The Submission date is till 10<sup>th</sup> July.
- Revise PT – I syllabus for all subjects.

**ENGLISH**

Create an attractive cover page for a diet magazine and write an article on the 'importance of a balanced diet and a healthy lifestyle'.

**HINDI**

संतुलित आहार से आपका क्या तात्पर्य है ? चर्चों की सहायता से प्रदर्शित कीजिए की संतुलित आहार की थाली में क्या-क्या होना चाहिए एवम् संतुलित आहार के स्वास्थ्य पर क्या लाभ हैं ?  
ल खए |

## SANSKRIT

मानव शरीर का चित्र चपकाकर उसके अंगों के नाम ल खए |

## SCIENCE

Research a specific disease related to diet (e.g., Cardiovascular disease, Osteoporosis) and analyse a real-life case study. Discuss factors like diet, lifestyle, and treatment and options.

## SOCIAL SCIENCE

Draw a picture of balanced diet. Write a detailed report on the social groups which are more vulnerable to the malnutrition and factors that affects the availability of food in the world

## MATHEMATICS

A. Solve the following questions in a separate notebook.

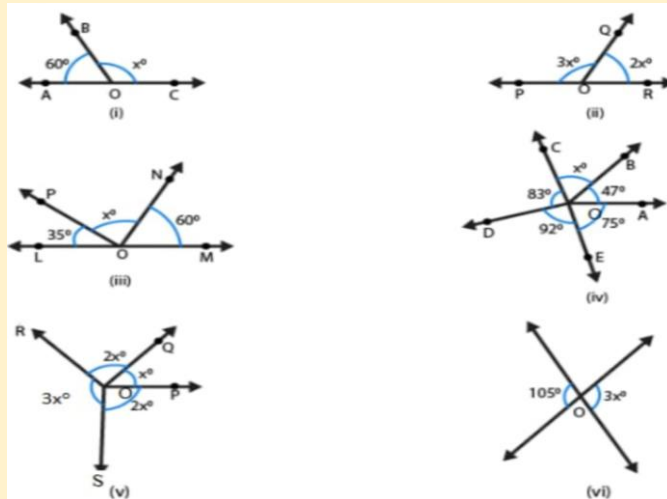
- Which of the following is the greatest integer?  
(A)  $-9$  (B)  $-7$  (C)  $-3$  (D)  $-12$
- Write a pair of negative integers whose difference is  $-7$ .
- Write a pair of integers with opposite sign whose difference is 3.
- Write an example to show that distributive property holds for the multiplication of integers.
- Complete the following table:

X	$= 3$	$0$	$1$	$5$	$-1$
$10$					
$-5$					
$-2$					
$0$					
$4$					

- The product of 5 negative and 4 positive integers is \_\_\_\_\_.
- Evaluate:  $25 \div (-13 + 8) - 19 \times 4$
- What do you mean by the statement: 'Integers are closed under multiplication.'
- In a class of 40 students  $\frac{4}{5}$  like English while rest like Mathematics. How many students like Mathematics?
- A car runs 16.7 km in one litre of petrol. How much distance will it cover in 15 litres?
- The reciprocal of a mixed fraction is \_\_\_\_\_.
- The product of two fractions is 1, then the fractions are known as \_\_\_\_\_ of one another.
- Represent the following pictorially:  
(a)  $2 \times \frac{1}{3} = \frac{2}{3}$  (b)  $3 \times \frac{3}{4} = 2\frac{1}{4}$
- Compare:  $\frac{2}{7} \times \frac{3}{5}$  and  $\frac{5}{6} \div \frac{3}{4}$
- The cost of 10 litres of milk is ₹ 725. Find the cost of 12 litres of milk.
- Find the quotient when 25.6 is divided by 0.04.
- The sum of complementary angles is \_\_\_\_\_.
- All supplementary angles form a linear pair. Is it true? Explain.
- Find an angle which is  $20^\circ$  greater than its supplement.

20. In the given figures, find the value of x:

21.



### B. Project Work:

A balanced diet consisting of a variety of different types of food and providing adequate amounts of the nutrients necessary for good health.

Make a project showing the role of Mathematics in 'balanced diet and diseases'.

Instruction: (i) Do the project on A4 size sheets (to be kept in a folder).

(ii) Use the concepts of ratio, proportion, symmetry in fruits, etc. in the project.

### COMPUTER

#### Project:

- Prepare an MS WORD document (one page) on the balanced diet for the age group 9 to 12. Take a Printout and paste it on a light pink colour sheet.
- Prepare an Excel sheet as given below. Take a Printout and paste it on a light pink colour sheet.

	Doctor	Marketing Person	Dancer
Break Fast	Milk 150 ML. Sprouted 20 gm.	200 ML. Sugar 1 Teaspoon Veg. Poha – 1 Plate or Bread Butter – 2	200 ML. Sugar 2 Teaspoon, Paratha -1, Fruit – 1
Lunch	Chapati – 2, Rice ½ Plate, Dhal – 1 Cup, Green leafy veg. 1 Cup, Salad – 1 Plate	Chapati -3, Rice – 1 Plate, Curd – 1 Cup, Dhal – 1 Cup, Vegetable 2 Cup, Sweets 1 Piece, Namkeen – ½ Plate, Salad – ½ Plate	Chapati -4, Rice – 2 Plate, Curd – 1 Cup, Dhal – 1 Cup, Vegetable 2 Cup, Sweets 2 Piece, Namkeen – ½ Plate
Evening Snacks	Butter Milk or Tea – 1 Cup, Roasted Channa or bhel – 1 Plate, citrus fruit – 1	Tea or Coffee – 1 Cup, Tikiya – 2 or butter Sandwich – 2, Sweet Fruit – 1	Milk shake – 1 Glass, Paneer or Cheese Sandwich -2, Sweet Fruit – 1
Dinner	Chapati – 1, Khichadi – 1 Plate, Kadi – 1 Cup, Vegetable 1 Cup, Veg. Soup 1 Cup, Salad 1 Plate	Chapati -2, Khichadi – 1 Plate, Kadi – 1 Cup, Vegetable 2 Cup, Veg. Soup 2 Cup, Salad – ½ Plate, Sweet – 1 Piece	Chapati -3, Rice – 1 Plate, Dhal – 1 Cup, Vegetable 2 Cup, Sweet – 2 Piece, Salad ½ Plate

### FRENCH

Instruction:-

\*All the questions need to be completed in French notebook.

!

I. Répondez et complétez:

1. \_\_\_\_\_, \_\_\_\_\_, \_\_\_\_\_ sont des pays francophone. (french speaking countries)

2. \_\_\_\_\_ est l'hymne nationale de France.

3. \_\_\_\_\_ est la capitale de la France.

4. \_\_\_\_\_ est la fête nationale française.

**II. Décrivez l'image et complétez:**



Elle s'\_\_\_\_\_ Sarah . Elle \_\_\_\_\_ dix ans.  
Elle est p\_\_\_\_\_. Elle les c\_\_\_\_\_ raides et rouge.  
Elle a les y\_\_\_\_\_ noirs. Ses m\_\_\_\_\_ sont aussi petites.  
Elle a les d\_\_\_\_\_ blancs. Elle est b\_\_\_\_\_.



c'est un perroquet, il s'\_\_\_\_\_ Mithoo.  
Il un b\_\_\_\_\_ blanc,  
il la t\_\_\_\_\_ et le c\_\_\_\_\_ rouge.il a un  
d\_\_\_\_\_ coloré avec rouge, jaune et bleu.  
Il a une q\_\_\_\_\_ longue et rouge.

**III**

**Mettez le dialogue en bonne ordre – ( Put the dialogue in order) -**

**Au revoir - Quel âge as- tu ? - Je m'appelle Pierre et toi ? - Bonjour ca va ? - J'ai douze ans et toi ? - Au revoir ! - Moi aussi, j'ai onze ans. - Comment t'appelles-tu ? - Bonjour ca va bien, merci !**

**GENERAL KNOWLEDGE: (do in A4 size sheet)**

1. Learn and write pledge in English and in Hindi.
2. Make a balanced diet chart for a healthy person.

**VALUE EDUCATION**

1. Make a family tree using photographs on A3 sheet.
2. Write one quality of each member that you admire.

**ART AND CRAFT**

Make a beautiful Madhubani painting on A3 size ivory sheet.

**MUSIC**

1. Learn the School Anthem from school diary.
2. Draw and colour any 2 musical instruments in A4 size sheet.
3. Paste pictures of 5 Indian classical singers. (Male or Female)
4. Learn the prayer 'Light of the World' from school diary.